

ABSTRACT

An absorbent comprising a water-absorbent resin and a hydrophilic fiber, characterized in that the above-mentioned water-absorbent resin has a water absorption (a) of physiological saline of 60 to 100 g/g and a water-retaining capacity (b) of physiological saline of 45 to 80 g/g, and that the water absorption (a) of physiological saline and the water-retaining capacity (b) of physiological saline satisfy the relationship of the formula: [Water absorption (a) of physiological saline]  $\geq$  [Water-retaining capacity (b) of physiological saline] + 15, and an absorbent article, wherein the above-mentioned absorbent is interposed between a liquid-permeable sheet and a liquid-impermeable sheet.